

COMMODITY DISTRIBUTION Fact Sheet

Name: Lettuce/ Cabbage/ Carrot Salad Mix

Product Description:

Lettuce mix is in bite-size pieces and is pre-washed and ready-to-serve.

Peak Growing Season:

Lettuce, cabbage and carrots are grown all year in California. However, the peak season for Iceberg lettuce is April through October, January through June for cabbage, and October through December for carrots.

Uses:

Salads, sandwiches, and garnishes.

Preparation:

Salad Mix is pre-washed, just portion and serve.

Storage:

The lettuce mix should be stored at 32-35 degrees Fahrenheit, with a relative humidity of 90 to 95 percent. After the package has been opened, gently push out excess air and clip the end of the bag closed and store in the refrigerator.

Best if Used By:

Unopened packages of lettuce mix can last up to ten days if properly stored, opened packages should be consumed within two days.

Nutrition Facts:

A 1/2-cup serving of Iceberg, Cabbage and Carrot Salad Mix, provides:

Calories	4	Iron	0.14 mg
Protein	0.29 g	Calcium	5.96 mg
Carbohydrate	0.81 g	Sodium	3 mg
Fat	0.0 g	Dietary Fiber	0.44 g
Saturated Fat	0.0 gm	Vitamin A	66 RE
Cholesterol	0.0 mg	Vitamin C	1.59 mg

Source of Information:

www.produceoasis.com

www.readypacproduce.com

NutriKids software